

Bristol Civil Service



Table Tennis Club

Bristol Civil Service
Table Tennis Club
Newsletter

Issue 12
December 2014

A Christmas message from the Table Tennis Club Chairman, Stuart Murray Williams

Looking at the tables in the run-up to Christmas, Civil Service teams seem mostly to have had a successful first half of the season. Raiders head the Premiership, Saracens are top of Division 1 and Warriors are setting the pace in Division 2. Five other teams are in the top four spots in their divisions. This is particularly encouraging given that some of these teams were promoted at the end of last season.

Sunday evening practice sessions have attracted varying numbers but on some evenings have been very well attended. The Tuesday and Thursday morning sessions have thrived during the autumn, enabling the organisers to make contributions to club funds out of the fees received. The committee met once during the autumn to deal with various matters but overall the club seems to be in a good place and moving forward.



Best wishes for a peaceful and joyful Christmas season, and for a happy New Year!

Stuart Murray Williams

More titles for the Civil Service Club's Louis Price

November was a very busy and successful month for Louis Price. Louis, aged 10, entered the Burton Uxbridge 1 Star Open in early November and won the Under 11s category and finished 2nd in the Under 13 age group. He was invited mid-month to train with the Switzerland Juniors in Geneva and finished by beating the Under 11s' number 1 player. He was coached by Commonwealth medal winner and Scotland number 1 Gavin Rungay.

Louis finished the month by winning the double at the Avon Championships held at the Civil Service club. He won the Avon titles at Under 13 and Under 15 levels – a great achievement for a 10 year old.

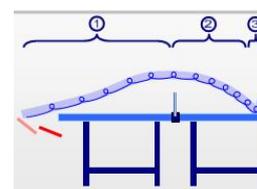
Dan Ives, Bristol Civil Service Coach, commented: "I was very impressed with his play as well as his mental focus."

All good preparation for the Joola Hungary Cadet Open in Budapest in early January where he'll be competing against other European Under 11s and Under 13s.



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Team reports

Many thanks to those of our team captains who have written an 'end of term report' for their teams. The date on which the report was written is included as things may have changed since then.

Premier division

Raiders 24/11/14

The season has started very well for the Civil Service Raiders team, currently in 2nd place in the premier division with a game in hand over current leaders Filton Academy with 7 wins out of 7. Big game planned for Thursday 27th when we host the Academy players for a top of the table clash. It looks like a two-horse race even at this early stage with only two teams unbeaten. Garth Kinlocke and Jan Surwilo remain unbeaten.

Chris Price

Premier division

Nomads 15/12/14

Last year we did very well in the 1st division and we ended up the winter season in second place. As a result, we were promoted to the premier division. This year is an interesting one for the Nomads team. Firstly, two core players of last year team, Mauro and Jun, aren't playing for us (we hope they return next year). David is still on our team but he's been busy in the evenings so has had little opportunity to practise and play. Given that, we were faced with a big challenge at the start to recruit new players. We were fortunate to meet Andrew and Jo, and later on, Sarah was also kind enough to help us out for the first couple of weeks. About 2 months ago Michael also joined and recently we're in the process of getting Vinal on board too. However, despite a growing team we don't have regular players, so we often find ourselves dependent on the good will of Mickael, Pawel and PBM.

So, I think I can say that this year we started fresh and full of enthusiasm! Sometimes it has been challenging. For example, some venues are not in central Bristol so our means of transport have often been the buses or taxis. Because I myself only started playing last year and because of the new players, we are taking time to adjust. We've felt this most notoriously when we're playing away, where environmental factors have resulted in our team generally dropping the level of play. This is normal and is something we'll get better in time :) At the moment we're at the bottom of the premier division, which I think is a fair reflection of our value. Other teams have consistently good and experienced players. Having said that, there are clear signs our level of play is improving and with top players like Michael and Vinal it will be interesting to see if we'll be competitive with other teams after Xmas. We've also set up a team web site <http://nomads.mytabletennis.uk/> which helps us organise ourselves. So all in all we've been playing good games and we're still very much motivated!! Playing in the premier division is fantastic. Tonight, we're having a social drinks out with all players and we hope that after the Xmas period we come back stronger!

Miguel Oliveira

Divison 1

Saracens 15/12/14

Saracens have made a steady start in Division 1 and have currently won 5, drawn 4 and lost 2 leaving us temporarily top of the table, with other teams having games in hand. Division 1 is very tight this year and so most of the matches have been closely fought and all the more enjoyable for this. They have also been played in a good spirit. We will be seeking to avoid promotion to the Premier Division at all costs!

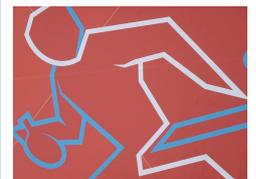
Rob Kendall

Division 2

Vikings 26/11/14

Having been rather unexpectedly promoted from Division 3 last season after two decisive victories in the final week, Vikings' first ambition this season is to remain in Division 2. Mark Curry has played at this level before and has begun the season strongly. Terry Toghill and Stuart Murray Williams have had mixed results so far but are beginning to find their feet, especially since Terry has returned to his trusted hard bat. Tim Harris, who also has experience at this level, has decided to play mainly as a substitute this season.

Stuart Murray Williams



Team captains' reports continued

Division 2

Warriors 22/12/14

I knew from the off that the newly formed Warriors team would be very strong indeed, and so it has proven to be. With all of us at roughly the same standard, our average has seen us top the division from the start. But we are not taking anything for granted. The standard of play across all the divisions is going up at a rate of knots, and various 'old dogs' are certainly learning some new tricks.

The second half of the season will be more enjoyable to play because we all know what to expect as a team, a team whose personalities have mixed in a very positive way. But not to forget Mickael Durand, who has always brought a great spirit and standard of play to the team.

Bravo Monsieur. Nous souhaitons à vous et votre famille un bon voyage et un grand bonheur à l'avenir.

Sven Pettersson

Division 3

Spartans 15/12/14

Players: Dean Barmby, Andy Cooper, Sangha Bhattacharjee, Alex Ono

Well, this is the first time I have captained a team and I would like to thank my team members for all their help and support. We are now half way through the season (although we have got 4 postponements to catch up on!) and we are all very pleased with how we are standing in the table and are pushing hard for second place. I would especially like to thank Andy and Sangha for how well they have played this season considering how only recently they were playing in lower divisions.

Unfortunately due to work commitments Alex hasn't played yet but I am really looking forward to him playing in the new year.

If all goes well we will finish the season in a promotion place. *Dean Barmby*

Division 6

Commandos 1/12/14

The Commandos have recovered after a shaky start and are now comfortably sitting in mid-table of Division 6. We are hoping to make a challenge at the top end as the second half of the season begins. Steve Kingscott continues to practise the most and hopefully this will eventually pay dividends!!

Duncan Jones

Division 7

Pirates 21/12/14

We have a new team in Division 7 made up of Ron Money, Warren Sneary, Pratik Bose and myself. We have had some highs and lows along the way, and have sometimes struggled to put out a full team so I think we need to recruit a fifth Pirate! We have a very good, positive and encouraging team spirit and are sitting comfortably in fourth place in the division. Thank you to all my team mates for being such a pleasure to play with!

Charlotte Taylor

Division 7

Cadets 1/12/14

The Cadets are in their second season and have improved dramatically after the foot of Division 7 position last year. They have had some great results including a recent 9-1 victory. It looks like they could be well placed at the end of this season. All 7 registered players in this team play in the Junior League too and they are getting better and better results there as well.

Duncan Jones

Positions for the other teams at 21/12/14

Saxons are in 9th place in **Division 3**

Buccaneers are in 2nd place in **Division 4**

Partizans are in 4th place in **Division 6**

Trojans are in 6th place in **Division 6**

Table tennis club committee

President

Ken Simmonds

Chairman

Stuart Murray Williams

Deputy Chairman;

Coaching and Competitions

Mark Kinlocke

Secretary

Chris Adamek

Treasurer

Paul Barlow

Welfare Officer

Tim Harris

Publicity Officer

Charlotte Taylor

Visiting the club

Visitors can come to the Table Tennis Club three times, paying £3.50 a time. Once you have been three times as a visitor, you need to join the Civil Service Sports Club.



Have you signed up for the Hard Bat Competition and the Bristol Closed Championship?

Time is running out if you want to play in the **John Mycroft Boucher Hard Bat Competition (Saturday 17th January)** and the **Bristol Closed Championship (Sunday 8th February)**. **The closing date is Wednesday 31st December.**

The Hard Bat competition will be held at our club, and the Bristol Closed will be at South Gloucester College (Filton WISE Academy). There are open and divisional singles and doubles, vets', ladies', over 55s' and junior sections and you can enter for a maximum of four events.

The league committee are seeking two or more volunteers to attend the Bristol Closed tournament with a view to them running the tournament in 2016.

John Ruderham is helping with the tournament this year and will help and advise any new volunteers.

If you think that you can help or would like further details please give Terry Toghill a ring on 0117 9147040.



Tips on umpiring at local league level from Mark Kinlocke

Here are some pointers to improve our umpiring at local league level.

Remember that an umpire is there to ensure fairness and accuracy.

1 *Call the score as soon as the point is over*

The idea here is that if the umpire has made a mistake, the players will be quick to realise it. If you wait until the players are about to start the next rally, many will be concentrating on the rally and not realise that a wrong score has been called.

2 *Serving order at start of each game*

After flipping the coin, simply put the coin on the side that starts serving first. That will act as a visual reminder of the side that serves first for each game in that individual match.

3 *Order of serve during the game*

This is tricky but there's a simple way to remember. At each change of serve, the 1st server for that game will serve when the total of the score is divisible by 4. Thus the 1st player to serve will serve at 0-0, 2-2, 3-1, 4-0, 4-4 and so on. He also serves at 10-10, 11-11 and so on. This is one reason why some players (with strong serves) like to give away the serve at the start of the match. For in a deuce game situation, he will serve at game point in the 1st, 3rd and 5th games.

4 *Try not to umpire after a tough rubber*

This is when umpires make the most mistakes as they are tired and probably thinking about the match that they've just played.

5 *Know the Laws of TT*

There is a copy hanging on the notice board in the clubhouse. They are also contained in a downloadable handbook on the ITTF website here: http://www.ittf.com/itf_handbook/itf_hb.html

6 *Use a calm, steady voice*

This all about the fairness part of not influencing the game.

7 *Disputed edge ball*

The umpire has the final say, but better to encourage the players to agree between themselves. If they can't, call it as you see it.

8 *Serving in doubles*

Note who serves to whom at the start of each game. Several ways to keep track but hints: should be back to start when total of the score is divisible by 8. Thus original game server to receiver at 0-0, 5-3/4-4, 9-7/8-8, 12-12 and so on. Just remember the changeover in the 5th game. It's the receiver who changes his or her order of receiving.



This is the sixth in our series where we say hello to some of our club members who hail from foreign parts. Here we say "Cześć!" to Magda Janska

I have been in Britain for 9 years. I was living in a small village and working for Woolworth's when I was made redundant in the recession, so my boyfriend and I moved to Bristol and we have been here for 5 years now. I found a new job with a manufacturing company straight away, and have had several different roles in the business including warehouse operator and office clerk. We now live in Lawrence Weston. I like living in Bristol because there is a very mixed culture and everyone is very friendly. We mix with lots of different people and socialise together.

No picture available – sorry!

I started playing table tennis when I was 9 or 10. I used to play doubles with a friend during breaks at school and really loved it. I played at a club in Poland and had a coach but I think I learned more from watching the older guys playing. I have been a member of the Civil Service Club for about 6 months. I joined this club because I met Pawel on Facebook, and I enjoy the very friendly atmosphere. This season I will be playing in Division 4 with the Buccaneers. I really enjoy being a member of a club after a break of 10 years. I used to feel that I was too tall for table tennis, and played volleyball for a while, but now I know that that was silly and I'm fine!

My favourite shot is a forehand spin and I like to attack, but with some control. I enjoy playing better players although I often feel a bit frozen to start with.

Dziękuję, Magda! We wish you a very good season with the Buccaneers!

Coach's corner - advice from Dan Ives: Getting the basics right

Hey everyone, my name is Dan and I am one of the coaches here at the Civil Service Table Tennis Club. Each newsletter I will write a small important tip to improve your table tennis. My first tip is to get the basics right and to practise keeping things simple.



The best shots and strokes in table tennis are the ones that are the most efficient and robust under pressure. You may ask, what is a great stroke? A great stroke is one that has the basic elements correct. For example, are you wasting any effort going into the shot? Are you striking the ball at the top of the bounce? Are you transferring your weight into the ball (for right handers – transfer weight from right to left)? Are you flowing from one stroke to the next quickly and efficiently?

I have listed below the key components for getting the basics right in your strokes:

- * Practise striking the ball at the top of the bounce from various areas of the table in a regular and irregular fashion.
- * Practise transferring your weight. Deliberately begin to make an effort in using your legs, body rotation and arm to transfer all your energy into the ball.
- * Practise recovering quickly for the next ball. A common error with the forehand topspin is that many players follow through too far and across the body. Try to finish in front of the body allowing for quick recovery.
- * A very vital aspect of developing great shot execution is to practise striking the ball with spin over speed.

Keep it simple, guys! Any questions? Give me a shout when I'm down at the club.



Filton Avenue
Horfield
Bristol
BS7 0AT

See our website at
<http://bristol-cssc-tabletennis.weebly.com/index.html>



The Civil Service Table Tennis Club now has a Twitter account

I've started a twitter account for the CSTTC - [@civilservicett](https://twitter.com/civilservicett) – Chris Price



Thank you very much to everyone who has contributed to this newsletter. Do send me your comments and ideas for articles for the next one, which will include the results of the Hard Bat and Bristol Closed competitions.
Charlotte charlottejanetaylor@tiscali.co.uk.



Half Term Table Tennis Training Camp in Feb 2015



Bristol Table Tennis Academy Club will be running a table tennis training camp in Feb. It is open to players of all ages and ability who want to improve their technique and game. There will be groups for under 16 and adults. Sessions will be run by the TTE qualified coaches, with focus on drills to suit all standards.



Venue: South Gloucestershire and Stroud College (WISE campus), New Road, Stoke Gifford, Bristol BS34 8LP



Dates	Time	Cost
17th Feb 2015 (Tue)	10am-12noon, & 1-3pm	£15/day
19th Feb 2015 (Thurs)	Please bring your lunch box, water bottle and non-marking sport footwear.	

(There is no minimum or maximum no. of days to join the camp)

Enquiry: Choi Sze To at 0117 919 2616 / 0796 252 8573

Bristol Academy of Sports South Gloucestershire and Stroud college. (SGS)

Choi Sze To
SGS Table Tennis Academy
(Half Term Camp Feb 2015)

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Stoke Gifford
Bristol
BS34 8LP

Phone: 01179192616
Mobile: 07962528573
E-mail: choisze.to@sgscol.ac.uk

Please tear off and return to Choi Sze

Name: _____ I/my child would like to attend the training day(s) on:
Gender: _____ Date of Birth: _____ 17th Feb 2015 (Tue) 10am--3pm 19th Feb 2015 (Thurs) 10am--3pm
Age: _____ Year at School: _____ Cost: £15/day
Address & Postcode: _____ I enclose a cheque payable to **SGS College** for £ _____
Parent print name (For aged under 18): _____
Parent signature (For aged under 18): _____
Mobile: _____
Tel: _____
Email: _____

More information?

If you have any questions about any aspect of table tennis at the Bristol Civil Service Table Tennis Club – membership, coaching, costs, how to get involved in a team, what happens at club night on a Sunday – please get in touch with Chris Adamek at chris_adamek@hotmail.com